

EDUCATIONAL

St. Regis Mohawk Adult Higher Education Project With St. Lawrence University Spring 1989 Course Offerings

UNDERGRADUATE
English 283: Native American Literature: (Dr Susan Ward) The course will concentrate on twentieth century Native American literature and will attempt to trace the development of Native American themes and literary forms by reading some older and some contemporary writers. Texts to be read include **The Autobiography of Mountain Wolf Woman, Winter in the Blood** (James Welch), **Ceremony** (Leslie Silko), **Wind from an Enemy Sky** (Darcy McNickle), **Love Medicine** (Louise Erdrich), **House Made of Dawn** (N. Scott Momaday), **The Sun Is Not Merciful** (Anna Lee Walters), **Cogewa, the Half Blood** (Mourning Dove), **The Way to Rainy Mountain** (N. Scott Momaday), and a selection of short story writers and poets.
 Mondays, 4:00 p.m. Beginning January 23, Community Bldg. (Special Note: Due to the high book costs for this course arrangements are being made to establish a Reserve shelf of the above titles at the Library. If any local residents have personal copies that they would be willing to share with the students for the semester, please take them to Margaret Jacobs at the Library. **Thanks for your help.**)

GRADUATE
Education 571: Stress Management & Human Performance (Dr. Hall) The way people react and deal with stressful situations may have a significant impact on their health and performance. This course is designed to provide an overview of the research findings and theories related to stress management and human performance. Stress management techniques will be explained, discussed, and demonstrated. The development and implementation of a personal action plan to improve performance in a specific situation, e.g., oral presentations, handling a difficult situation, and job interviews will be emphasized.
 Thursday, 4:00 p.m. Beginning January 19, Community Bldg.

Special Project Notes: St. Lawrence University officially appointed Ms. Judy Chitenden as Director of Summer Sessions and Special Programs. Her duties include providing administrative support and coordinating advisement and recruitment for the Mohawk Adult Higher Education Project (Phone: 315-379-5011), locally, Marie Cree or Sheila Marshall at the Community Building (358-2272) will provide information on the program, courses and registration. Please call them to indicate your interest in Spring enrollment in either course.

Mater Dei College

St. Regis Mohawk Indian Branch Campus
 Spring Semester, Jan. 9-May 4, 1989
 358-2272, Ext. 269, Sister Mary Christine Taylor, SSJ

Registration is now in progress for adults who desire to take college classes at Hogsburg for Spring Semester which begins on January 9, 1989. Please call Sister Mary Christine at 358-2272, Ext. 269 for an appointment to sign up for courses. The following courses will be offered provided there is sufficient enrollment.

Monday
 12:15-3:00 — Ph. 250 — Ethics (Sr. Aquinas, M.Div.)
 4:00-6:45 — Eng. 101 — Communication Arts I (N. Jennings, M.A.)
 Psy. 204 — Developmental Psychology (E. Boyd, M.S.)
 R.S. 105 — Intro to the New Testament (Sr. Anne MSW)
 5:00-7:45 — Comp. Sci. 103 — Intro. to Computers (L. Rudiger, M.S.)
 7:00-9:45 — Eng. 102 — Communication Arts II (N. Jennings, M.A.)
 ACDS 110 — Physiological & Pharmaceutical Aspects of Alcohol & Drugs (R. Glover, Ph.D.)

Tuesday
 12:15-3:00 — Engl. 209 — Group Discussion Techniques (TBA)
 Psy. 260 — Educational Psychology (M. Mullaly, B.S.)
 4:00-6:45 — Soc. 203 — Current Social Problems (Sr. Anne, MSW)
 Psy. 160 — Understanding Children (M. Mullaly, B.S.)
 ACDS 205 — Clinical Skills of the Alcohol and Chemical Dependence Counselor (C. White, Ph.D. Cand.)
 Bus. 171 — Business Communications (H. Brierty, M.S.)
 Mohawk 101 — Intro to the Mohawk Language (L. Cook, B.A.)
 7:00-9:45 — ACDS 250 — Evaluation of Treatment Environments (C. White, Ph.D. Cand.)
 Bus. 161 — Business Law (TBA)
 Psy. 207 — Abnormal Psychology (E. Boyd, M.S.)

Wednesday
 12:15-3:00 — C.J. 160 — Criminal Justice (K. Fee, B.S.)
 Bus. 101 — Intro to Business (Sr. Kateri, M.S.)

Thursday
 12:15-3:00 — ACDS 121 — Human Relations II & Group Processing Skills (J. Euto, M.Ed.)
 Acct 164 — Tax Accounting (R. Nagel, M.S.)
 Math 121 — Elements of College Math (B. Reynolds, M.S.)
 4:00-6:45 — Acct 162 — Principles of Accounting II (R. Nagel, M.S.)
 Bio 110 — Human Biology (J. Kozsan, M.A.)
 Mu. 205 — Music Appreciation (Sr. Anne, MSW)
 7:00-9:45 — H/PE 102 — Stress Control (J. Euto, M.Ed.)

Each of the above courses carries three credit hours. There will also be non-credit developmental courses at the Akwesasne Library Skills Center on Mon., Tues., Wed., and Thurs.
 2:00-3:00 Math 010 — Essential Mathematics (C. Greer, M.S.)
 3:00-4:00 — Rd. 090 — Developmental Reading (C. Greer, M.S.)
 4:00-5:00 Eng. 099 — Fundamentals of English (C. Greer, M.S.)

Coors Scholarships

Golden, Co. Adolph Coors Company today announced sponsorship of the 1989 Coors Veterans Memorial Scholarship Fund. This marks the fifth consecutive year Coors will award \$500,000 in scholarships to a minimum of 100 sons and daughters of American veterans worldwide.

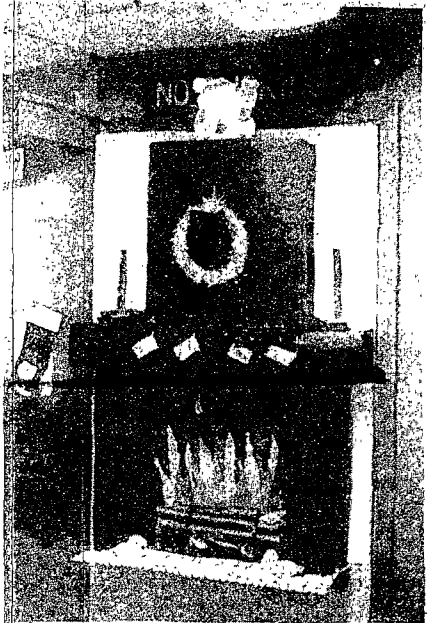
To be eligible for consideration, applicants must be 22 years of age or younger as of March 15, 1989, and already be enrolled full-time in an accredited four-year institution of higher education in the United States or an accredited two-year program leading to a four-year undergraduate degree.

Additionally, they must have a cumulative college grade point average of 3.0 or better on a 4.0 scale and be the son or daughter of one of the following: an Honorably Discharged American veteran, Active Duty military, Guard or Reserve military (minimum six years or called Active Duty), or American service person killed in Action, Missing in Action or who had Died in the Line of Duty.

Scholarship applications are available at college and university financial aid offices, by calling 1-800-49COORS, or by writing Coors Veterans Memorial Scholarship Fund, P.O. Box 3111, Northbrook, IL 60065. Deadline for completed applications is March 15, 1989.

Brief Relaxation Strategies

- To relieve aching eyes/neck/shoulders:**
 - While seated in a chair, close your eyes and convince yourself that they see nothing but soft darkness.
 - Keeping your eyes closed, let your head drop until your jaw is almost to your chest.
 - Let the hinges of your jaw relax.
 - Take a deep breath and slowly rotate your head in a circle. Exhale and repeat. Now rotate your head in the opposite direction, twice.
 - Open your eyes and sit up feeling more calm.
- To relieve aching shoulders:**
 - Take a deep breath and as you hold it, roll your shoulder in a slow, full circle. Exhale as you let your shoulder drop. Do it again in the opposite direction. (If this hurts your shoulders, put your hand on your hip as you rotate the shoulder.)
- The Chinese have a saying "When the big toe is well, the body is well."**
 - With your shoes off, wiggle your toes, especially the big one.
 - Shake your ankles.
- Yawning to relax your stomach and back.**
 - Let your jaw drop open until you can get a small apple in it. Do not push it down.
 - You should feel a yawn coming.
 - Take a deep breath and fill every inch of your lungs with oxygen.
 - A deep yawn before an important meeting will leave you more alert, refreshed and relaxed.



Door Contest

The Annual Xmas Door Contest at the St. Regis Mohawk Building was held and judged just before Xmas. The 27 entrants displayed beautiful creativity and artistic talent.
 Winners were:
 Heather McDonald — Human Services
 ANA program
 Offices of Nancy Adams, Marie Cree, Gus McDonald, Dale Cook



Belva Boot's beautiful snowman door was one of the 27 entrants.

Richard's Party

Thank you Richard for putting on such a wonderful Xmas party on Wednesday, December 14, 1988. The band, the exquisite food, decorations and company were enjoyed by all.

Hawaii

Seats still available, 2 weeks, April 7-21, \$1049.00 includes Hotel and Airfare.
 For information call Leona Delormier 933-5717, Marianne Loran 358-2770, Sue-z Travel 769-2932



Pam's Jughead Band

The accounting department at the SRMTC performs Christmas antics in an annual march around the tribal building. Pam's "Jughead Band" with its members are unfortunately not playing in any area establishments.



Y.E.P., What a Party

Heather McDonald and Merlin McDonald at Y.E.P. stands for "Year End Party" which was held by the Tribal Council as an "alcohol free event for employees at the Crossroads."
 The beautiful dinner was also a surprise going away tribute to Jeff Whelan. Jeff, who is taking a position with the Cherokees in North Carolina, left the SRMTC on December 30th, 1988.
 Jeff gave an eagle feather to each of his fellow workers. As they stood in front of the audience holding the feathers, Jeff likened the group to an eagle and told them to function together as one unit.
 Heather McDonald gave Jeff a wonderful Roast and a wonderful evening was had by all.



Mater Dei News

Offices of Sister Christine and Mater Dei College have moved to the Community Building near the JTPA program.
 The phone number is 518-358-2272. Sister Christine welcomes students back for 1989.

Attention

Don't burn your old papers!!! Look at them first. You may have old documents about Akwesasne. If you don't want them, bring them to the ANA Office at the Tribal Building or Angie Barnes at the Mohawk Council, call 358-2272-Tribal or 575-2349-MCA or Indian Time at 575-2063.

Akwesasne Trivia

Akwesasne Trivia from Herbert D.A. Donovan "Fort Covington & Her Neighbors, A history of three towns."
 — Population figures for Akwesasne American side were:

1855-413	1905-1216	1930-915
1865-426	1910-1249	1940-1262
1875-737	1915-1086	1950-1409
1892-1195	1920-1016	1960-1771

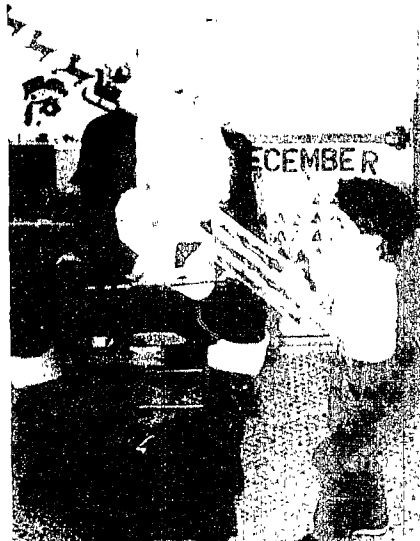
 The Canadian figures for this time period was similar to the U.S. figures.

In 1816 it was known as the "Year Without a Summer". There was frost in every month, crops could not ripen, potatoes grew only to the size of walnuts and there was widespread distress. This abnormal weather extended over much of the United States.



Buddy Red Bow

ANA's Buddy Red Bow has moved from his Hallo-ween attire to a Xmas setting. Atop his cowboy hat he sported a jolly Santa cap! Ho, Ho, Ho!



Santa Visits Head Start

This Santa was wonderful. Pre-schoolers at the St. Regis Mohawk Head Start program received toys, games and other presents from this jolly man.

Cornell Student Carries On Ancient Tradition

Wally Ransom of Akwesasne is the son of the late Abe Ransom and Elaine Ransom-Cook.
 He is currently enrolled in the Cornell School of Agriculture and Technology where he studies Agronomy (soil and agricultural sciences) in Ithaca, NY.
 Along with his girlfriend Kathy John, Wally has grown a fine crop of white corn for the last 2 years as a special project at the farm of Katsi Cook-Barreiro.
 At home he has learned to wash the corn with hard wood ashes from teacher Josie Back. With Josie's grandmother's corn soup ladle and Gertrude Gray's corn washer basket as his tools, How could he go wrong! Wally is selling washed corn to raise money for school.

Most Niagara Mohawk Residential Electric Customers To Benefit From New Rate

SYRACUSE, Nov. 1 — A new electric rate starting today for Niagara Mohawk Power Corp. customers will bring a decrease in the bills for the majority of the utility's 1.4 million residential consumers.
 Bills for users of less than 1,200 kilowatt hours monthly will decrease up to 26 cents per month under the redesigned rate structure, while customers using more than 1,200 kwh will see an increase of up to \$2.36 per month.

Under the new rate, ordered recently by the New York State Public Service Commission, average residential customers using 500 kwh per month will see a monthly decrease of 14 cents in their bills. The basic monthly customer service charge of \$5.61 will remain unchanged.

No additional revenues will be realized by Niagara Mohawk from the PSC-mandated rate change, the utility noted.

Niagara Mohawk's overall electric base rate will remain "frozen" for nearly two years until mid-1990 under a rate case settlement reached with the PSC earlier in 1988.

The new rate effective today will create modest increases and decreases in bills for individual customers, depending upon energy consumed. It supercedes the previous rate with separate pricing for usage above the and below 1,000 kwh.

Under the modified Service Classification No. 1, the new rate of 6.624 cents per kwh for all levels of residential usage is fractionally lower than the previous rate of 6.619 cents per kwh over 1,000 kwh.
 Customers with questions about the new rate should contact their local Niagara Mohawk office, the utility added.

Niagara Mohawk's rates continue to be the lowest of New York's tax-paying utilities. Comparing recent (September) consumer bills for the state, the cost to an average NM residential customer for 500 kwh was \$13.11 — \$7.35 less than the next lowest utility (Rochester Gas & Electric Corp.), \$12.56 less than for New York State Electric & Gas Corp., and \$26.58 less than Consolidated Edison Co. of New York.

Niagara Mohawk Power Corp. is an investor-owned utility encompassing the largest customer service area in New York State. Originally founded in the early 1800s and incorporated under its present structure in 1950, the company is engaged in the business of production and distribution of electricity and natural gas. Electric service is provided to 1.4 million customers across 24,000 square miles, and natural gas service reaches 440,000 customers in areas totalling 4,500 square miles in central northern and eastern New York.

For more information contact William J. Romano, Regional Public Relations Director, 300 Erie Boulevard, West, Syracuse, N.Y. 13202, Telephone (315) 428-6907, after hours 315-428-3151.